



# TOBACCO TALK NOVEMBER



ART BY ARTMANDO

---

## Melanie Cyphers

Substance Abuse Prevention  
Programs Supervisor

[mcypfers@weldgov.com](mailto:mcypfers@weldgov.com)

(970) 400-2423

## Casey Peirce

Public Health Communications  
Specialist

[cpeirce@weldgov.com](mailto:cpeirce@weldgov.com)

(970) 400-2383

## Quincy Brown

Public Health Communications  
Specialist

[qbrown@weldgov.com](mailto:qbrown@weldgov.com)

(970) 400-2371



# STORIES FROM THE COMMUNITY



## UNC Health Fair

A UNC Greeley employee mentioned the following.  
"I have been smoking since I was 15 and am now 25. I am part of the LGBTQ+ community and felt targeted by advertising at a young age."

**Check out an article that supports their viewpoint.**

## D-6 Teacher

At a recent D-6 wellness fair, a 3rd-grade teacher informed the Tobacco Education and Prevention team that they had caught 3rd-grade students vaping on the playground in the last year. The young students have older siblings who vapes and this is how the students got the vape devices.



**If you do choose to vape make sure you know "How to Keep E-Liquids Away from Children".**

## Great American Smoke Out (GASO)

- At a recent community event, a woman informed us that on the *Great American Smoke Out* 15 years ago she quit smoking for good!
- The American Cancer Society sponsors the *Great American Smokeout* on the third Thursday of November (November 17 this year), challenging smokers to give up cigarettes for 24 hours.
- If you or a loved one smokes cigarettes, consider joining the movement, and take the first step toward quitting cigarettes forever!



## SHOWCASE



Check out [this video](#) by Truth Initiative showing the harm smoking in the media has on youth.

**While You Were Streaming: Nicotine on Demand**



# EFFECTS OF SMOKE

## SECONDHAND SMOKE

**Secondhand smoke is a mixture of smoke released by the burning end of cigarettes, pipes, or cigars.**

- Secondhand smoke exposure among nonsmokers is responsible for an estimated 7,300 lung cancer deaths and 34,000 cardiovascular disease deaths annually.
- Exposure to secondhand smoke can increase the risk of cardiovascular disease by 25-30% and the risk of lung cancer by 20-30% in nonsmokers. Secondhand smoke increases the risk of stroke in nonsmokers by an estimated 20-30%.
- Deaths caused by secondhand smoke have a disproportionate impact on Black and Hispanic communities.
- Deaths attributed to secondhand smoke cause \$6.6 billion in loss of productivity per year.

## IN THE HOME

**Smoke particles linger for months in dust and on household surfaces. It can also become embedded in carpets, furniture, fabrics, and building materials, turning them into reservoirs of pollutants.**

- Smoking inside of a home can drop its value by **as much as 29%**, which means you're losing nearly a *third* of your home's worth to your destructive habit.
- A yellowish-brown film can form on the base trim and walls of your home. This is the cigarette smoke settling on hard surfaces. This film is hard to clean, even harder to deodorize, and sometimes doesn't come off and requires repainting.
- Just as cigarette smoke builds up on walls, fabrics, and carpeting, it also builds up inside the furnace and ventilation system. This can make the air quality of a home drop dramatically, and the furnace may need to be replaced entirely if the build-up is bad enough.



## THIRDHAND SMOKE

**The residue left behind from cigarette smoke contains hundreds of dangerous chemicals.**

[Related postcard here](#)



- Nicotine lingers long after someone smokes, such as on furniture, walls, toys, hard and soft surfaces, clothes, and hair.
- Children are much more susceptible to the effects of thirdhand smoke.
- Thirdhand smoke can be absorbed through the skin, especially when on someone's clothes (such as holding a baby).

# CESSATION RESOURCES



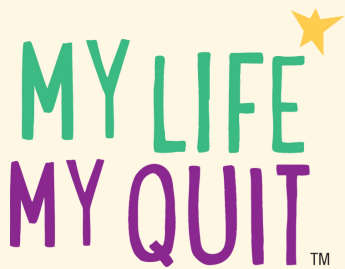
## **BABY & ME – Tobacco Free Program™**

This evidence-based, smoking cessation program was created to reduce the burden of tobacco on the pregnant and postpartum population. Contact the **Weld County Tobacco Education and Prevention Team** or your physician for more information!



Free and **online quit service** for Colorado residents aged 18 or older.

**Contact 1-800-QUIT-NOW** for assistance and see if you are eligible for a free supply of patches, gum, or lozenges.

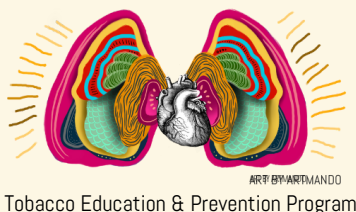


Free, confidential, and self-guided **service for teens** (12-17) trying to quit smoking or vaping. To get started, **text "Start My Quit" to 36072**, or **call 1-855-891-9989** for individualized support, encouragement, and helpful tips. No parental consent required.



Get quitting support with **This is Quitting**. It's an anonymous, text-based program designed to help you quit vaping. When you sign up, you'll receive tips from real quitters, around-the-clock support, and daily motivation to keep you on track. **Text DITCHVAPE to 88709** to get started.

Weld County



The Weld County Tobacco Education and Prevention program is funded through a grant from the Colorado Department of Public Health & Environment as part of Amendment 35 Tobacco Tax through the state Tobacco Education and Prevention Partnership. Contact us today!

General Information: **(970) 400-2423**

Cessation Information: **(970) 400-2383**

Email - **tobaccofreeweld@gmail.com**